



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

ELTAHIR, Ahmed

Club: Salza Gymnasium
Number: 145

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:00:05

Speed: 11.98 km/h
Running performance: 4:49 min/km

Rank in course/Total: 55 (of 267)

Rank in course/Men: 50 (of 196)

Best time in course: 41:37

Rank in category: 4(of 18)

Best time in the category: 55:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	0.50	2:16	4:31	7	0:20	74	0:47	0.50	2:16	4:31	7	0:20	74	0:47
Lap 2	9.00	39:52	4:25	4	2:33	50	12:04	9.50	42:08	4:26	4	2:38	50	12:51
Last lap Finish	3.00	17:57	5:59	4	1:48	58	5:37	12.50	1:00:05	4:48	4	4:26	50	18:28